

Monday Night Mental Health Speaker Series Schedule 2020-2021

2020-2021 Theme: *Hope for the Journey*

FIND ZOOM LINK @
www.bethlehem-church.org/events/

MONDAY, SEPTEMBER 14, 2020

Being our Better Selves

Speaker: Karen Casey, PhD
Author and Educator
Via Zoom

MONDAY, OCTOBER 12, 2020

Understanding the Scope of Eating Disorders

Speaker: Dawn Taylor, PsyD, LP
Manager of Residential Services
Melrose Center
Via Zoom

MONDAY, NOVEMBER 9, 2020

Paths Toward Well-Being

Speaker: Ted Bowman, Mdiv
Author and Educator
Via Zoom

- NO SESSION DECEMBER 2020 -

MONDAY, JANUARY 11, 2021

It's Personal: Clergy, Faith and Mental Health

Speaker: Pastor Meta Herrick Carlson
(Bethlehem Lutheran Church Twin Cities
& Father Jim Debruycher (St. Joan of Arc
Catholic Community)
@Saint Joan of Arc Catholic Community/Zoom

MONDAY, FEBRUARY 8, 2021

Smoothing the Path When the Terrain is Rough

Speaker: Rev. Melissa Hensley PhD, LISW
Augsburg University
@Bethlehem Lutheran Church Twin Cities MPLS/Zoom

MONDAY, MARCH 8, 2021

Tangled up in Grief: from pain to recovery to hope (not in any particular order)

Speaker: Vicki Elliott, Executive Director
Mental Health Connect
@Saint Joan of Arc Catholic Community/Zoom

MONDAY, APRIL 12, 2021

Moving from Change to Transformation

Speaker: Karen Astromsky, Wellness Coach
@Bethlehem Lutheran Church Twin Cities MPLS/Zoom

MONDAY, MAY 10, 2021

Resiliency: How to Cultivate our 'Bounce Back-ability'

Speaker: Sarah Ciavarria, MDiv
Certified Dare to Lead™ Facilitator
@Saint Joan of Arc Catholic Community/Zoom

MONDAY, JUNE 14, 2021

Resiliency, Self-Compassion & Self-Care in the Community

Speakers: Dede Armstrong, MA MS LADC, The
Retreat & Carol Ashwood, MSW, LICSW, Open
Circle Adult Day and Support Services
@Bethlehem Lutheran Church Twin Cities MPLS/Zoom



The Monday Night Mental Health speaker series is free and open to the public. Each session usually begins with supper at 5:45pm, followed by the program from 6:30-8:00pm. Due to COVID-19 we will not meet in person but will be hosting these events online beginning at 6:30PM. Participant certificates are available for mental health professionals and students.



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